



MOVE!

Restaurant Tips



Eat slowly and drink plenty of water with your meal.

Take plenty of time to savor the food's flavor. Enjoy yourself!

Ask if meats can be 'broiled dry', without the added butter, oil, and other sauces.

Try to avoid fried selections, if you insist on fried foods, remove the batter coating.

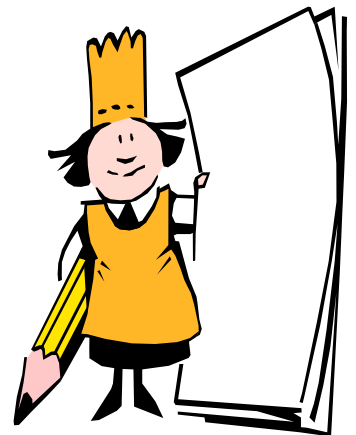
Look for choices that are roasted, poached, steamed, baked, and grilled rather than sautéed, deep fried, or pan fried.

For sautéed foods, choose spices, wine, and lemon juice rather than oil or butter.

Ask for salad dressing on the side with your salad order. Pick a tossed or garden salad rather than creamy cole slaw or marinated vegetables in oil or butter.

Limit bread to 1-2 slices and try to avoid adding butter or margarine. Choose baked bread, rolls, and saltine crackers instead of croissants, biscuits, and cornbread.

Order clear broth soups such as bouillon, vegetable or wonton soups. Avoid cream soups such as cream of broccoli, Wisconsin cheese soup, clam chowder, or oyster bisque. Order French Onion soup without the cheese on top or remove it at the table.



Order rice or a baked potato with toppings on the side rather than French fries, stuffed potatoes, or hush puppies.

Select skinless chicken and lean cuts of beef and pork such as tenderloin, London broil or filet mignon.

Avoid ribs, prime rib, and other marbled meats.

Ask the waiter to have your meats trimmed prior to cooking if possible.

Eat seafood such as broiled or boiled shrimp with cocktail sauce instead of butter and tarter sauce.



Eat only a portion of the meat entree, you may take the rest home for another meal. If you order a 12 ounce steak, eat only a third of it and bag the rest.

Try to avoid food covered with cheeses, cream or white sauce, and gravy. A 'light' cream sauce may refer to it's light color, not calorie content. When in doubt *Ask!*

If you must eat dessert, select a fresh fruit cup, small dish of ice cream or sherbet, or angel food cake if possible.

Cheesecake, pecan, and fruit pies, frosted cakes and brownies are loaded with calories. Share these desserts with someone else. Most waiters will gladly bring an extra plate and fork to the table.

Finally, when in doubt about a food's preparation method or hidden fat calories, ask. The restaurant staff are there to serve you, so don't hesitate to ask for substitutions and special preparation. Many restaurants will be glad to accommodate your request.

